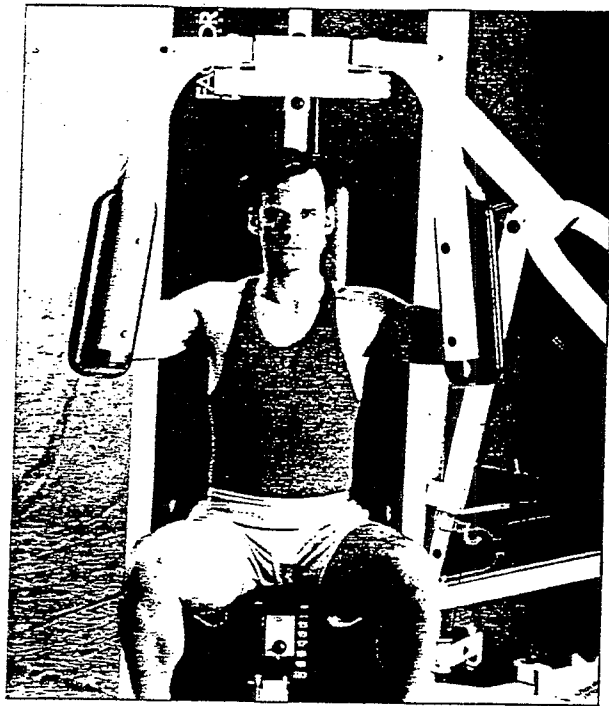


Pec Dec Attachment

ASSEMBLY INSTRUCTIONS



FACTOR 625
B Y P A R A B O D Y

Our Strength Begins With Listening.

FACTOR 625 PEC DEC ATTACHMENT ASSEMBLY

TOOLS REQUIRED FOR ASSEMBLY

- $\frac{9}{16}$ inch wrench
- $\frac{3}{4}$ inch wrench
- $\frac{1}{2}$ inch wrench
- adjustable wrench
- hammer or rubber mallet
- $\frac{5}{32}$ allen wrench

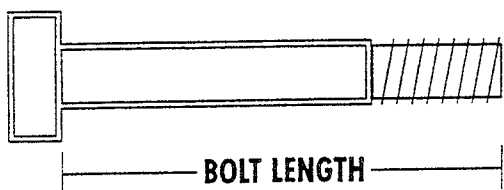
IMPORTANT

- THE PARABODY FACTOR 625 BASE UNIT MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- PARABODY STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY.
- KEEP ALL FRAME BOLT CONNECTIONS LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN.

!!!WARNING!!!

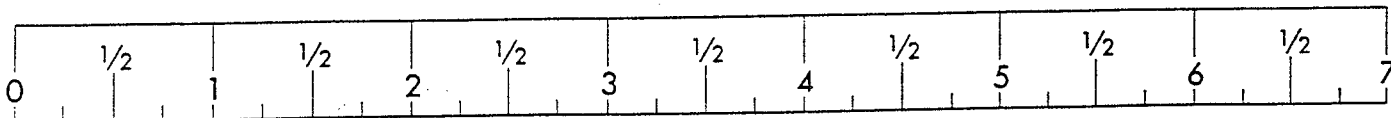
MAKE SURE SNAP HOOKS ARE FASTENED BEFORE DOING EXERCISES.
LAT BAR IS NOT TO BE USED FOR PULL-UPS.

NOTE: We recommend cleaning your product (pads and the frame members) on a regular basis, using warm soapy water. Also, touch-up paint can be purchased from your ParaBody Customer Service Representative at 1-800-328-9714.



NOTE: Bolt length is measured from the underside of the head of the bolt.

BOLT LENGTH RULER:



If you have any questions on assembly of equipment,
do not hesitate to call the ParaBody Customer Service Department at
1-800-328-9714

PEC DEC PARTS AND HARDWARE LIST

PEC DEC PARTS LIST

Sort and count all parts before beginning assembly.

WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION	QTY.
1	Kick Start (PB3257-01)	1
2	Pec Return (Right) (PB3270-01)	1
3	Pec Return (Left) (PB3269-01)	1
4	Pec Pulley Bracket (PB3259-01)	1
5	Pec Arm (Left) (PB3271-01)	1
6	Pec Arm (Right) (PB3272-01)	1
7	Bearing Housing (PB3266-01)	1

ITEM	NAME/DESCRIPTION	QTY.
8	Kick Start Cable (PB3278-01)	1
9	Pec Cable (PB3277-01)	1
10	Pec Loop Cable (PB2518-01)	1
11	Pec Return Cable (PB3276-01)	2
12	4½" Pulley w/1" (C1161-01)	7
13	Anti-Skid 2½" x 5½" (PB1770-01)	1
14	Elastic Cord 72" Lg. (PB2718-01)	1

PEC DEC HARDWARE LIST

Sort and count all parts before beginning assembly.

HARDWARE:

ITEM:	NAME/DESCRIPTION	QTY.
BAG #1		
1	½" x 3" Bolt	3
2	¾" x 3" Bolt	7
3	¾" x ¾" Bolt	1
4	¾" x 1¾" Bolt	4
5	½" Washer	6
6	¾" Washer	8
7	½" Lock Washer	2
8	¾" Lock Washer	4
9	½" Nut	2
10	¾" Nut	4
11	¼" Nut	2
12	½" Lock Nut	1
13	¾" Lock Nut	2
14	¾" x 1" Oilite Bushing	4
15	Oilite Spacer ¾" I.D.	2
16	Starlock Collar ¾"	2
17	Cable Retaining Clip	2
18	"U" Bracket	1
19	5/16" x 1" Bolt	2
20	5/16" Washer	2
21	5/16" Lock Washer	2
22	5/16" Nut	2

ITEM:	NAME/DESCRIPTION	QTY.
BAG #2		
1	2" Square Cover Cap	2
2	1" Round White End Cap	3
3	Carriage Guide 1" x 1"	2
4	Elastic Cord 3½" I.D.	1
5	1¾" Round End Cap	2
6	2" Square End Cap	4

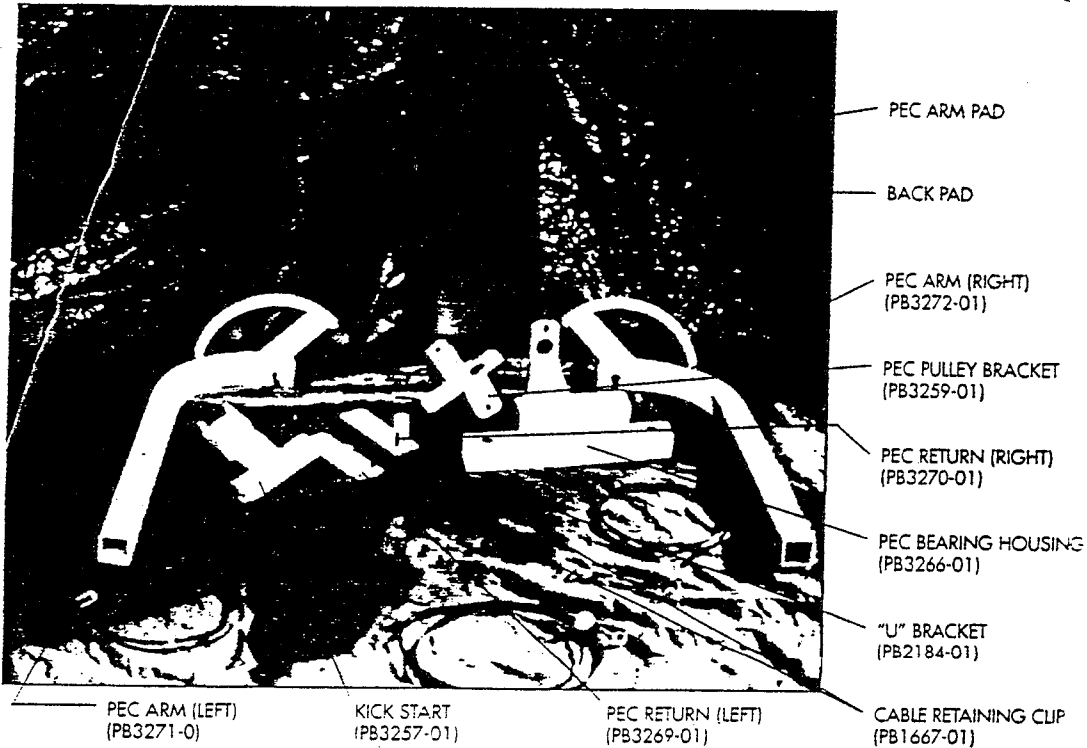


FIGURE 2

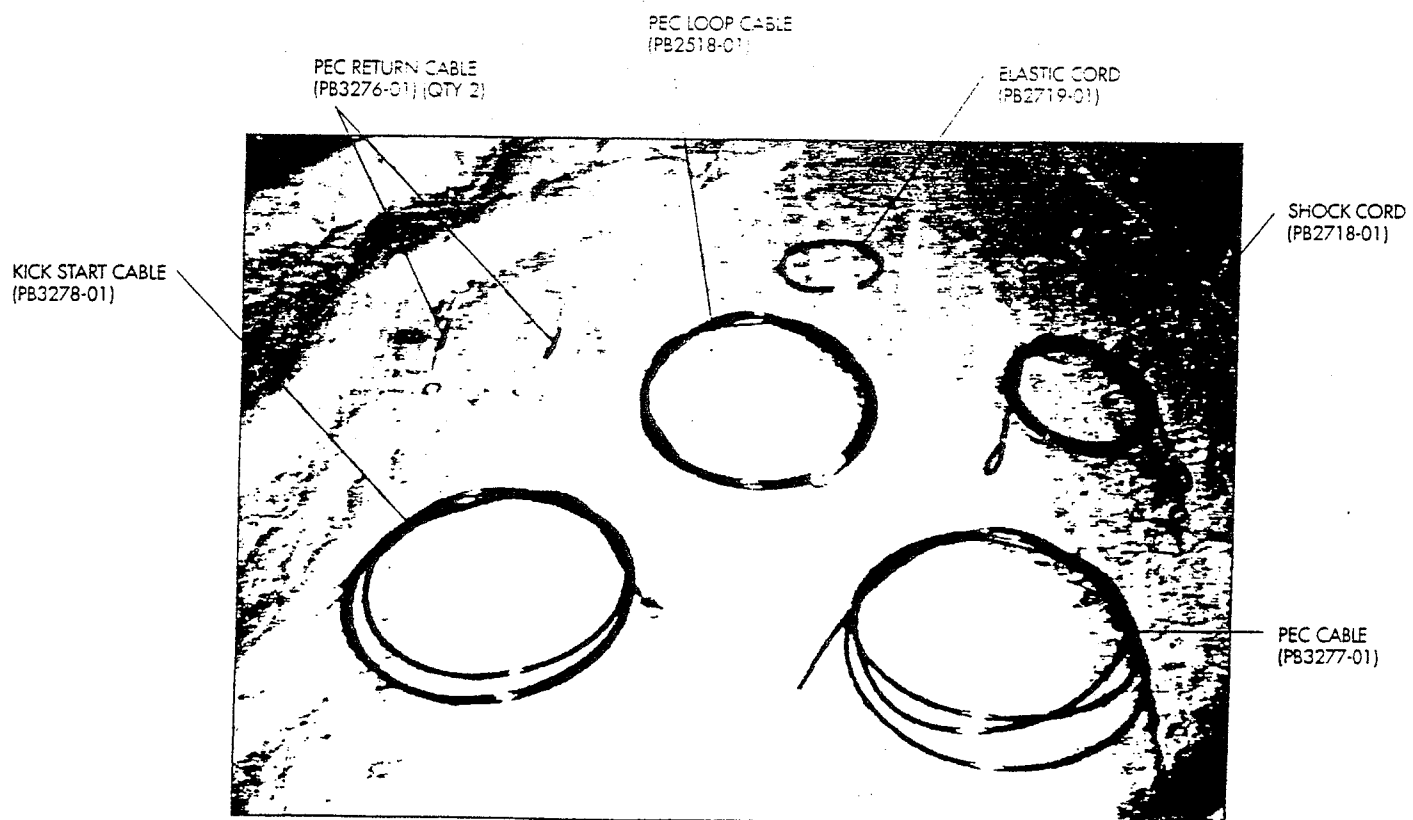
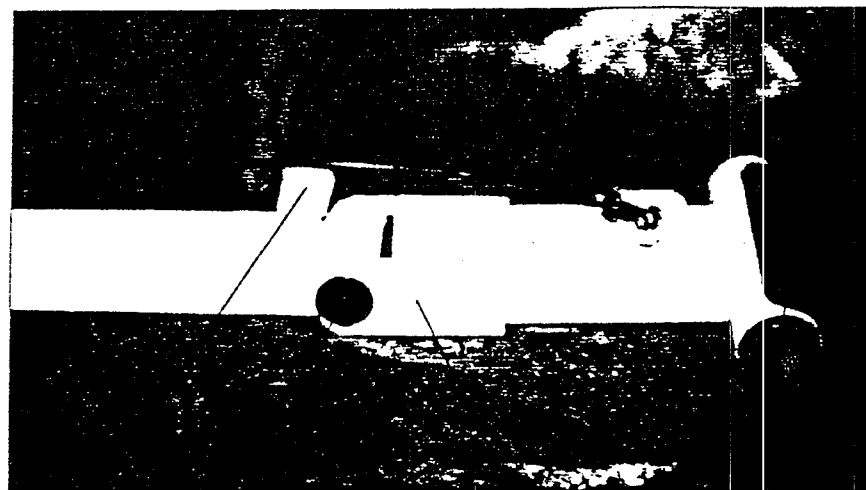


FIGURE 3

1. Attach the anti-skid $2\frac{1}{2}" \times 5\frac{1}{2}"$ to the kick start approx. as shown.
2. Insert the two (2) end caps $1\frac{3}{4}"$ round into each end of the kick start.
3. Attach the kick start to the lat base using one (1) $\frac{1}{2}" \times 3"$ bolt, four (4) $\frac{1}{2}"$ washers and one (1) $\frac{1}{2}"$ lock nut. Place one $\frac{1}{2}"$ washer on each side of the lat base and one $\frac{1}{2}"$ washer on the outside of each of the flats on the kick start (total of four (4) $\frac{1}{2}"$ washers). Tighten only enough to allow the kick start to move freely.
4. Place one (1) 1" dia. white end cap over the bar on the front of the lat base.



KICK START CASE
(PB3278-01)

$\frac{1}{2}" \times 3"$ BOLT
 $\frac{1}{2}"$ WASHER (QTY 4)
 $\frac{1}{2}"$ LOCKNUT

KICK START

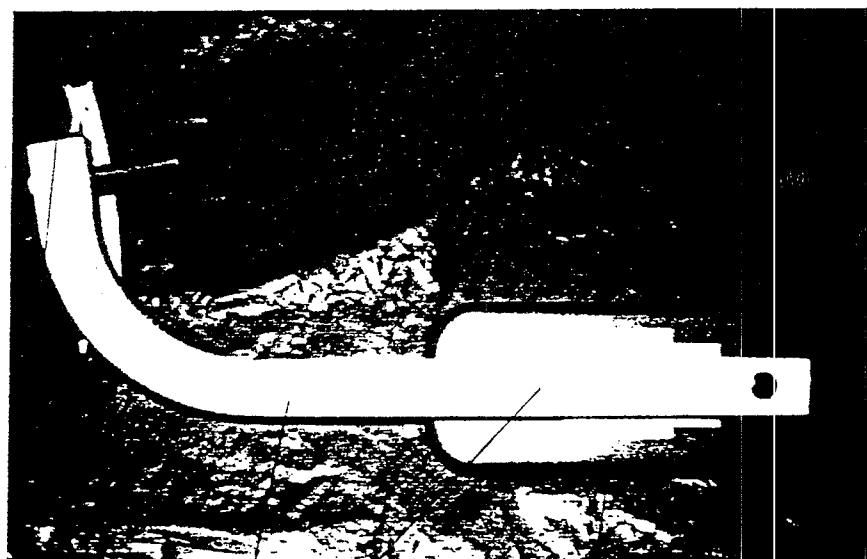
1" DIA. WHITE END CAP

END CAP $1\frac{3}{4}"$ RD
2 PL

ANTI-SKID $2\frac{1}{2}" \times 5\frac{1}{2}"$

FIGURE 4

1. Insert one (1) 2" sq. (10-14 ga.) end cap into the top of the pec arm.
2. Slip one (1) cover cap 2" sq. over the bottom end of the pec arm. The ridges on the cover cap 2" sq. should face the pec arm pad.
3. Attach the pec arm pad to the pec arm using two (2) $\frac{3}{8}" \times 3"$ bolts and two (2) $\frac{3}{8}"$ washers and tighten. The pec arm pad should be on the cam side of the pec arm with the hidden clip to the bottom.
4. Repeat this procedure for the other pec arm.



2" SQ. X 10-14 GA. END
CAP

$\frac{3}{8}" \times 3"$ BOLT (QTY 2)
 $\frac{3}{8}"$ WASHER (QTY 2)

PEC ARM PAD

COVER CAP
2" SQ.

PEC ARM
(RIGHT)

FIGURE 5

1. Assemble one (1) 4 1/2" w/1" clevis pulley to the rear pec pulley bracket using one (1) 3/8" x 1 3/4" bolt, one (1) 3/8" lock washer and one (1) 3/8" nut.
2. Assemble two (2) 4 1/2" w/1" clevis pulley to the pec pulley bracket using two (2) 3/8" x 1 3/4" bolt, two (2) cable retaining clip, two (2) 3/8" lock washers and two (2) 3/8" nuts.
3. Attach the pec pulley bracket and the pec bearing housing to the lat upright using two (2) 1/2" x 3" bolts, two (2) 1/2" washers, two (2) 1/2" lock washers and two (2) 1/2" nuts and tighten.

NOTE: The large hole in each of the pec pulley bracket and the pec bearing housing should align with the large hole in the lat upright tube with the pec pulley bracket being closest to the weight stack side.

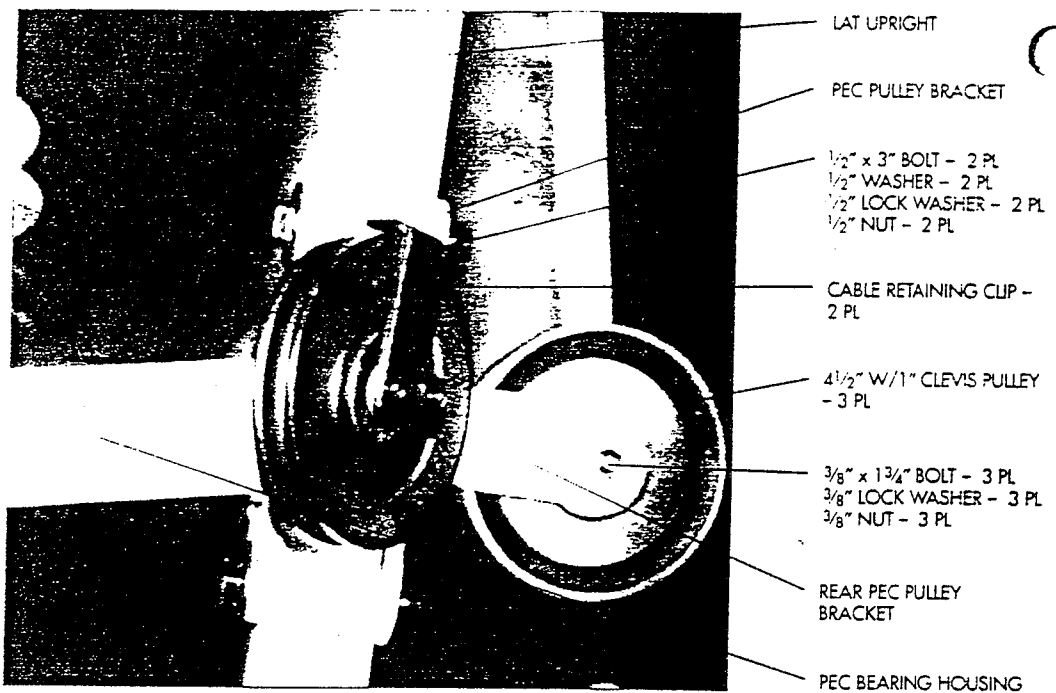


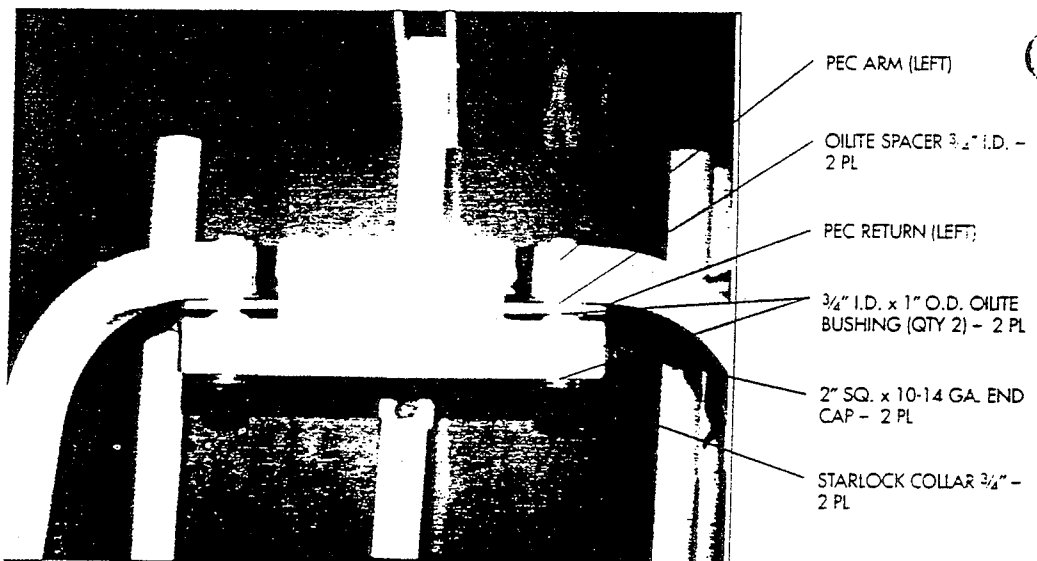
FIGURE 6

1. Assemble the left pec arm to the pec bearing housing with one (1) oilite spacer 3/4" I.D., one (1) pec return (left), two (2) 3/4" x 1" O.D. oilite bushing and one (1) starlock collar 3/4" (in that order)

NOTE: The 3/4" shaft on the pec arm should be lubricated with the lube packet supplied with your Factor 625.

See Figure 9 in the pec assembly instructions for correct placement and orientation of the pec return.

2. Repeat the above procedure for the right pec arm.
3. Insert two (2) 2" sq. (10-14 ga.) end caps into the ends of the pec bearing housing.

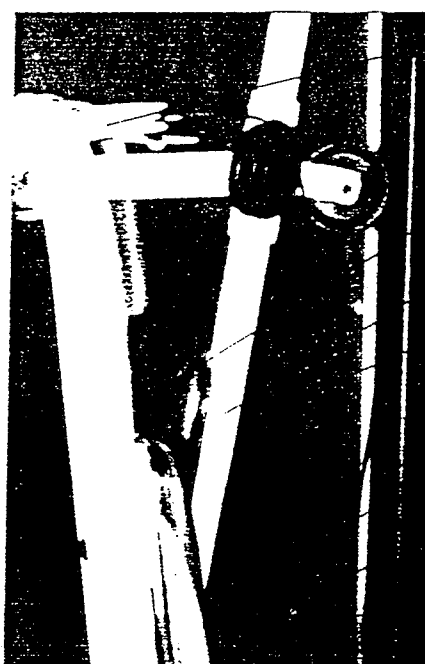


DETAIL "A"

FIGURE 7

1. Attach the pec loop cable to the cam on each lat arm (route cable behind lat upright) using one (1) $\frac{3}{16}$ " x 1" bolt, one (1) $\frac{5}{16}$ " washer, one (1) $\frac{3}{16}$ " lock washer and one (1) $\frac{5}{16}$ " nut.
2. Route the threaded end of the pec cable under the weight stack from the inside of the main frame to the outside.
3. Attach the threaded end of the pec cable to the "U" bracket using two (2) $\frac{1}{4}$ " - 28 nuts. (See Detail "A")
4. Route the Pec loop cable as shown and loosely assemble one (1) $4\frac{1}{2}$ " w/1" clevis pulley to the bottom of the pec loop cable using the "U" bracket above, one (1) $\frac{3}{8}$ " x $1\frac{3}{4}$ " bolt, one (1) $\frac{3}{8}$ " lock washer and one (1) $\frac{3}{8}$ " nut.
5. Attach the back pad to the lat upright using two (2) $\frac{3}{8}$ " x 3" bolts and two (2) $\frac{3}{8}$ " washers. The hidem clip should face down.

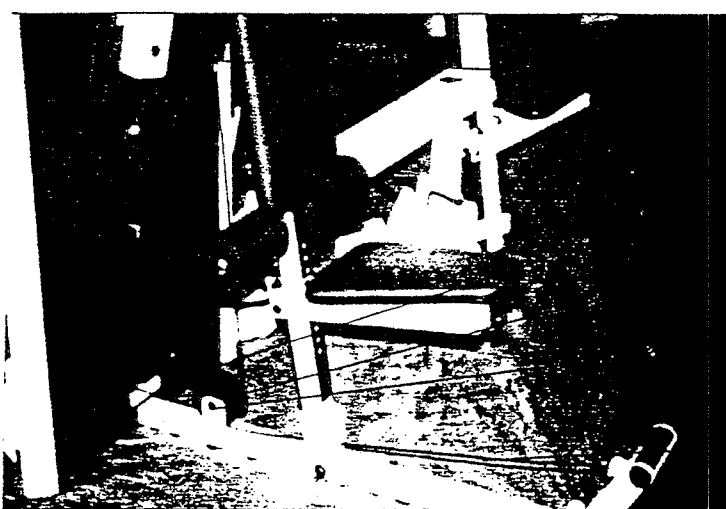
NOTE: The $\frac{3}{8}$ " x $2\frac{1}{2}$ " bolt used to secure the plastic guards to the lat upright will need to be removed from the top position.



- $\frac{3}{16}$ " x 1" BOLT - 2 PL
- $\frac{5}{16}$ " WASHER - 2 PL
- $\frac{3}{16}$ " LOCK WASHER - 2 PL
- $\frac{5}{16}$ " NUT - 2 PL
- BACK PAD
- $\frac{3}{8}$ " x 3" BOLT - 2 PL
- $\frac{3}{8}$ " WASHER - 2 PL
- PEC LOOP CABLE (PB2518-01)
- $4\frac{1}{2}$ " W/1" CLEVIS PULLEY
- $\frac{3}{8}$ " x $1\frac{3}{4}$ " BOLT
- $\frac{3}{8}$ " LOCK WASHER
- $\frac{3}{8}$ " NUT
- "U" BRACKET

FIGURE 8

1. Route the kick start cable as shown with clevis attached to the kick start. (See Detail "B")
2. Assemble the two (2) $4\frac{1}{2}$ " w/1" clevis pulley to the lat base using one (1) $\frac{3}{8}$ " x 3" bolt, two (2) $\frac{3}{8}$ " washers and one (1) $\frac{3}{8}$ " locknut.
3. Route kick start cable and Pec cable as shown (See Detail "B")



- $\frac{1}{4}$ "-28 NUT (QTY 2) (SEE DETAIL "A")
- PEC CABLE (PB3277-01)
- $4\frac{1}{2}$ " W/1" CLEVIS PULLEY (QTY 2)
- $\frac{3}{8}$ " x 3" BOLT
- $\frac{3}{8}$ " WASHER (QTY 2)
- $\frac{3}{8}$ " LOCKNUT
- KICK START CABLE (PB3278-01)

DETAIL "B"

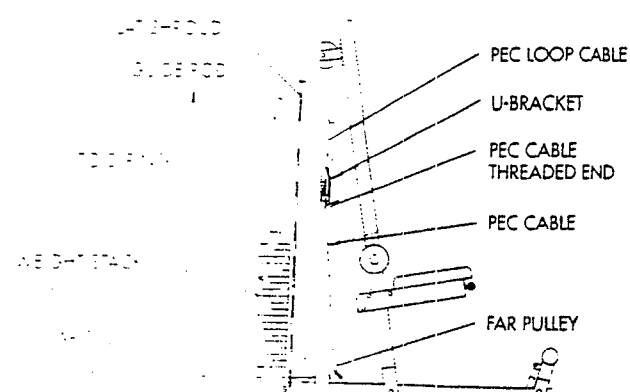
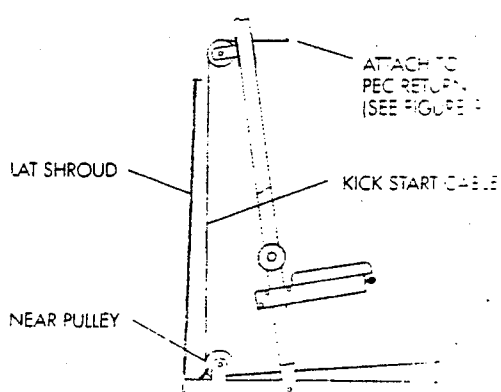
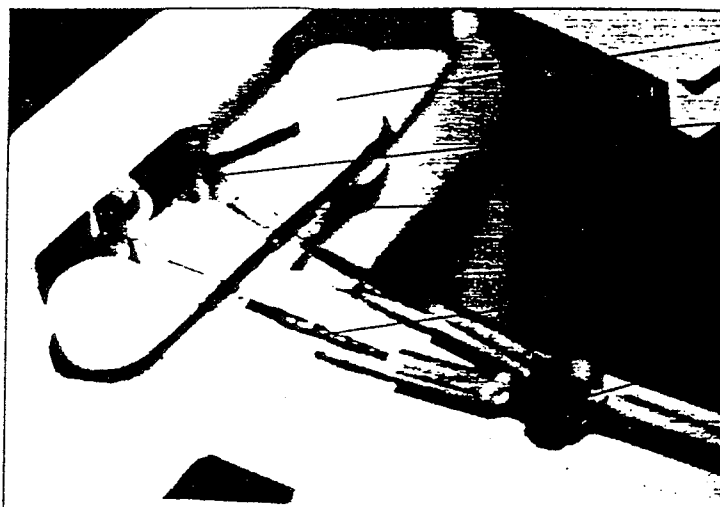


FIGURE 9

1. Push the two (2) pec return cables over the dowel on each of the pec returns.
2. Slip the two (2) 1" dia. white end caps over the 1" shafts on the pec returns.
3. Locate and stick the two (2) carriage guides approx. as shown.

NOTE: They should prevent the pec return from striking the inside of the pec bearing housing.

4. Slip the elastic cord over the 1" dia. white end caps as shown. Make sure to hook the elastic cord over the formed hook inside the pec bearing housing.
5. Attach the two (2) pec return cables to the kick start cable using one (1) $\frac{3}{8}$ " x $\frac{3}{4}$ " bolt and one (1) $\frac{3}{8}$ " lock nut and tighten.



- 1" DIA. WHITE END CAP
2 PL
- CARRIAGE GUIDE -
2 PL
- ELASTIC CORD 3 1/2" I.D.
- PEC RETURN CABLE - 2 PL
(PB3276-01)
- $\frac{3}{8}$ " x $\frac{3}{4}$ " BOLT
 $\frac{3}{8}$ " LOCKNUT
- KICK START CABLE
(PB3278-01)

FIGURE 10

1. Route the pec/D-ring cable as shown and load into the D-ring. Add the 4 1/2" w/1" clevis pulley to the main frame using existing hardware already installed. (see Lat Station - Figure 32.)

Tighten all loose connections at this point.

Set the elastic shock cord 72" lg. aside until instructed to install in the rotary assembly instructions. (see Rotary Station Figures 49-51.)

If the Rotary Station is already installed, attach the elastic shock cord to the D-Ring end of the Pec Cable, loop over the middle 2" pulley and attach to the peg at the base alongside the Multi-Press and Rotary shock cords. Make sure shock cords are not touching one another.



- PEC CABLE
(PB3277-01)
- LAT CABLE
(PB3233-01)
- 4 1/2" W/1" CLEVIS
PULLEY

FIGURE 11

Your unit should be assembled as shown at this point.

Proceed to the assembly instructions for the Rotary Station.

